

## TRUMBULL AYSO -- IMPORTANT Coaches Notes for Spring, 2021 Season

*Hello new and returning coaches!*

Thank you all for stepping up and we really appreciate your help especially in these challenging times! The spring season's games begin Saturday, April 24<sup>th</sup> and the schedules will be online prior to that. Also check with your division managers. The spring season is slated to go through Sat. June 12<sup>th</sup> with the following Saturday as a rain make-up date. Check our [ayso186.org](http://ayso186.org) site for updates on weather and other important information. Any rain cancellations are posted by 7:00 am on Saturday mornings at the latest. This note is in lieu of an in-person Coaches Meeting due to the virus situation. Hopefully we will return to in-person sessions this fall.

**Please click on the Safety Measures tab on our website and review these. These are very important!**

### Key Safety Reminders:

- All adults will wear masks on the fields at all times, including coaches.
- Kids will stay with their parent(s) at the sidelines of the field and also wear masks, and be socially distanced, until they come on the field to play. Kids do not have to wear masks while playing unless they optionally want to. Teams will stand along opposite sides of the field to give more room for social distancing.
- No parents are allowed on the field unless a child is injured.
- Have hand sanitizer handy for use as needed.
- All balls after any handling should be wiped down before used on the field.
- For safety, we want to use pass-ins rather than throw-ins at all ages.
- Players should not share any water bottles, snacks or equipment. We will continue to not use pinnies to avoid sharing clothing, best to have your players wear their game jerseys to practices (7U and up) for scrimmages.
- No handshakes or high fives after games.
- Players as usual may **not** wear any jewelry, or hoodies (sweatshirts are fine on chilly days). The outer wear must be the AYSO jersey.

**BALL BAGS:** If you are new, please plan to pick up a ball bag either this Sat. morning the 17<sup>th</sup> before 12:00 noon at Kaechele or Sat. the 24<sup>th</sup> 15-30 mins. before your game. There will be 3 balls, cones, a couple cold packs but again pinnies this spring. Tell kids to always bring a ball so yours a spares.

**PRACTICES:** We will have practices for 7U teams and up at Kaechele this spring beginning Mondays and Tuesdays April 26<sup>th</sup> and 27<sup>th</sup> with two time slots available each afternoon, 4:30-5:45 pm and 5:45-7:00 pm. Please select a day and time slot and practice on these days at Kaechele. Let your division manager know which day/slot you selected. There will also be a couple of Tri-Town coaches on hand to assist newer coaches as needed. *Feel free to ask one to come over and help.*

- 7U-8U please practice on the 7U-8U fields and use cones for goals.
- 10U please practice on the 5U-6U fields and use cones for goals.
- 14U please practice on either the 10U fields or 14U field, where the older kids can access a goal.

**COACHING VIDEOS FOR PRACTICES:** Please select your practice skill activities from the videos on the **Coaches Tab** on our website (they are short). The "**Videos**" link has all you need and are organized by age group for both demonstrating key skills and running skill activities. A "**Curriculum**" chart is also available there to plan practices over multiple weeks by age group. Plan on doing 2 or 3 skill activities for 45 mins. followed by a scrimmage for the final 30 mins.

**PROCEDURES & TIPS FOR GAMES** are also posted on the **Coaches Tab**, under "**Coaches Resources**". Please review the one for your age group, as these have valuable information for the rules, formations and how to coach at your games. *These apply to 5U and up.*

## Additional Key Notes by Age Group:

**4U** – This age group has a one-hour session on Saturdays in one of the small squares right in front of the Field House, using professional Tri-Town trainers to run the sessions. With the virus we only want a parent on the field to tend to a child as needed but not to assist to reduce crowding. We will seek to have no more than an 8 to 1 ratio. The sessions will be motor movement and very fundamental ball skills, and some limited scrimmage play.

**5U/6U** – This age group also has a one-hour session on Saturdays, and will also have professional trainers demonstrating skill drills which coaches will then do for the first half hour, followed by a 3 v 3 scrimmage game (not 4 v 4) for the second half hour. This will be the same format that we have used in the past. The professional trainer will call coaches only in at the beginning of the session to show the drills to use for the first half hour. Then one coach only per team can be on the field for the game. *Tri-Town coaches will circulate and help and please welcome their assistance.*

All coaches please continue to use the “ballmaster” during your 3 v 3 games where each coach (one per team) on the field has an extra ball at the ready BUT under your foot, and pass it into play whenever the game ball is kicked out. No throw-ins. Please instruct the kids to not handle the ball either on the field. Please look to get the ball to kids who are getting fewer touches.

**7U/8U:** This spring we will NOT have the professional trainers do large pre-game warm-ups to avoid crowding. Coaches should only do a brief 10 min. warm-up with their team and then start the game. Warm-ups should be PASSING only to keep the kids apart as much as possible. Please emphasize coaching **OFF the ball** for the games. Games will be 4 quarters x 10 mins each. The formation is 1D-3F please for 7U (4v) and 2D-3F for 8U (5v5). NO goalkeepers and no kids standing in front of goal like hockey goalies. A short video is available at <https://www.youtube.com/watch?v=RLqJUBrBzb8> showing off-the-ball coaching examples.

Just **one** coach per team on the field or coaching from sideline please. Please stand with your defender(s), move them up and back as needed (but not past the half line) and instruct them on how to play defense, and coach the forwards to spread out and pass – position one left, one center and one right. There are “vertical” lines to help you and kids stay left and right and not all play to one side. Bunch ball is the enemy of skill development and less athletic kids get very few touches when bunching takes place. *Tri-Town trainers will be on hand to assist coaches and provide tips and please welcome their help.*

**10U:** Coaches should only do a 10 min. warm-up with their team and start the game as soon as possible. Warm-ups should be PASSING only to keep the kids apart as much as possible. 10U games are 4 quarters x 12 mins each. We will use the Build-Out Lines as before in 10U. Coaches should be on the sidelines and please coach for positioning **OFF the ball** as much as possible, and encourage PASSING. Do not “joystick” the game. This is 7 v 7 play including a goalkeeper. I will be announcing basic keeper training clinics soon. The formation that’s simplest is the GK plus 3D-3F. On corner kicks, attackers must remain outside the 6-yard goal box until the ball is kicked (reduces crowding). As always, **please never yell out at any referee’s calls.**

**14U:** Again a 10 min. warm-up and should be PASSING. Games are 30 min. halves with free subbing, but you can run it as 4 quarters x 15 mins. each if you prefer. Please coach for positioning **OFF the ball**, encourage passing and let the kids play and learn from the game, and make their own decisions. **Keep coaching to a minimum** as recreational kids like to play more on their own as they get older. This is 11 v 11 play including a goalkeeper. Midfielders now become more essential. Easiest and balanced formations is the GK plus 3D-4M-3F OR 3D-3M-4F. On corner kicks, attackers must remain outside the 6-yard goal box until the ball is kicked (reduces crowding). As always, **please never yell out at any referee’s calls.**

**ALL COACHES:** Please be sure you have completed the online Safe Haven, CDC Concussion and the Online Coaching Course for your age group. New 10U and 14U coaches in the past have also taken an outdoor course (about 2-3 hours) but this will be not held this spring. *Please check the sign at the gate for any field notifications, and check the website for updates*

Thanks very much again and have a great season! Please email me if you have any questions and I am on the field most Saturdays wearing an AYSO Board shirt or jacket.

Steve Fisher, Coaching Director, [ayso186coachdirector@gmail.com](mailto:ayso186coachdirector@gmail.com)

**For AYSO Online Training:**

**If you haven't yet taken Online Safe Haven and CDC Concussion yet, please do so as soon as possible.** AYSO is on the hook to the Parks Department, AYSO National and our insurance carrier to have all coaches complete these so you are properly insured. Thank you in advance.

**Go to AYSOU:** <https://aysou.org/default.aspx> and login at the upper right corner, you will need your AYSO 9-digit ID. When your account screen comes up, then **click on the "My Courses" tab.**

Take the Safe Haven, CDC Concussion and Online Coach Course for your age group, about 45 minutes each.

Example screen:

|   |   |                                     |
|---|---|-------------------------------------|
|  |  <b>AYSO's Safe Haven</b>                      | <input type="button" value="Open"/> |
|  |  <b>CDC: Concussion Course</b>                 | <input type="button" value="Open"/> |
|  |  <b>AYSO's Summary of the Laws of the Game</b> | <input type="button" value="Open"/> |